

# Knutsford Schools' Sports Newsletter

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This week the KSSP put on a mini Olympics for year 2 pupils at Knutsford Academy

## Year 2 Mini Olympics

20 plus children from Year 2 took part in a mini Olympics held at Knutsford Academy with the help of Academy pupils who lead the Olympic activity.

There were 5 different sporting activities for the pupils to take part in:

- Long jump: Standing jumps – bend the legs, swing the arm and leap as far as possible.
- Long sprint: a quick run to the top round the cone and back.
- Hurdles: run, jump, run, jump repeated over six low hurdles.
- Hop, skip and a jump: foot mats to place one foot, then the same foot then the other foot then jump to land on both feet.
- Chest push: holding the big ball with two hands, one hand on either side, bend the back and knees then throw/ push the ball high and as far as possible.

The pupils were split into five groups and rotated round each activity. The pupils had a practice go followed by a 'setter' then an attempt to beat 'the setter'. Even at a young age, each and every one of the children were so happy to beat their previous efforts – showing their competitive side.

After the Olympians had been round each activity, they were given freedom to go to whichever activity they wanted to, as many times as they liked to have more goes and improve on their previous efforts.

Each student put plenty of energy and effort into; running, jumping, twisting, turning and throwing, consequently they received a well done and/or super or good effort stickers to show how excellent they performed.



We may have seen the new Jessica Ennis, Greg Rutherford or Mo Farah, don't forget where they first showed their expertise.

Next Thursday will see the Year 1 pupils test their Olympian credentials in the same set up with, no doubt, the same competitiveness.